

I Claim:

1. An exercise device, comprising:
  - (a) a hollow housing;
  - (b) a plurality of loose weights contained in said housing; and
  - (c) first and second handles located on opposite sides of said housing, and adapted for being gripped by a user to lift and hold said exercise device.
2. An exercise device according to claim 1, and comprising an outer casing surrounding said housing.
3. An exercise device according to claim 2, wherein said casing comprises first and second pairs of integrally-formed handle flanges for attaching said first and second handles.
4. An exercise device according to claim 3, wherein said housing comprises a cylindrical container cradled within said outer casing.
5. An exercise device according to claim 4, wherein said first and second handles extend perpendicular to a longitudinal axis of said cylindrical container.

6. An exercise device according to claim 5, wherein said casing is formed of a molded plastic material.
  
7. An exercise device according to claim 1, wherein said weights comprise rolling metal objects.
  
8. An exercise device according to claim 7, wherein said metal objects comprise shot pellets.
  
9. An exercise device according to claim 8, wherein said pellets occupy between 50% and 90% of the volume inside said hollow housing.
  
10. An exercise device, comprising:
  - (a) an outer casing;
  - (b) a hollow cylindrical housing located inside said casing;
  - (c) a plurality of loose weights contained in said housing;
  - (d) first and second handles attached to said casing on opposite sides of said housing, and adapted for being gripped by a user to lift and hold said exercise device.

11. An exercise device according to claim 10, wherein said casing comprises first and second pairs of integrally-formed handle flanges for attaching said first and second handles.

12. An exercise device according to claim 11, wherein said first and second handles extend perpendicular to a longitudinal axis of said cylindrical housing.

13. An exercise device according to claim 12, wherein said casing is formed of a molded plastic material.

14. An exercise device according to claim 10, wherein said weights comprise rolling metal objects.

15. An exercise device according to claim 14, wherein said metal objects comprise shot pellets.

16. An exercise device according to claim 15, wherein said pellets occupy between 50% and 90% of the volume inside said hollow housing.

17. A method of exercising comprising the steps of:

- (a) grasping first and second handles of an exercise device comprising loose weights contained in a hollow housing;
- (b) while holding the exercise device in both hands, extending the arms forward of the body; and
- (c) repeatedly rotating the upper and lower body in opposite directions in a twisting motion, such that the loose weights contained in the housing generate momentum in a direction of the upper body rotation thereby increasing the range of body movement and increasing the energy required to begin rotation of the upper body back in the opposite direction.